

**Table 3 Rotated component matrix for items on the shortened version (in Farsi) of the Food Craving Questionnaire-Trait (FCQ-T-r), Tehran, 2019**

Item	Estimate of correlation		
	1	2	3
1. When I crave something, I know I won't be able to stop eating once I start.		0.804	
2. If I eat what I am craving, I often lose control and eat too much.		0.814	
3. Food cravings invariably make me think of ways to get what I want to eat.	0.706		
4. I feel like I have food on my mind all the time.	0.798		
5. I find myself preoccupied with food.	0.735		
6. Whenever I have cravings, I find myself making plans to eat.	0.782		
7. I crave foods when I feel bored, angry, or sad.			0.593
8. I have no willpower to resist my food craving.		0.624	
9. Once I start eating, I have trouble stopping.		0.563	
10. I can't stop thinking about eating no matter how hard I try.		0.578	
11. If I give in to a food craving all control is lost.		0.797	
12. Whenever I have a food craving, I keep on thinking about eating until I actually eat the food.	0.721		
13. If I am craving something, thoughts of eating it consume me.	0.747		
14. My emotions often make me want to eat.			0.671
15. It is hard for me to resist the temptation to eat appetizing foods that are in my reach.			0.600

Component 1: "thoughts or preoccupation with food" consisted of 6 items that explained 29.2% of the variance referred.

Component 2: "lack of control over eating" consisted of 6 items that explained 23.4% of the variance.

Component 3: "emotional eating" consisted of 3 items and explained 20.6% of the variance.